



Valhall Viking



**SONS of
NORWAY**

Mission Statement

The mission of Sons of Norway is to provide quality insurance and financial products to our members, promote and preserve the heritage and culture of Norway, and to celebrate our relationship with other Nordic countries.

April 2026
Valhall Lodge #6-25
Meet at La Mesa
Masonic Lodge
4731 Date Ave.
La Mesa, CA 91942
Serving San Diego, CA



<https://lodgeofvalhall.com>

Founded 1912

Newsletter editor: Steve Rawlinson
editor@lodgeofvalhall.com

This newsletter is published monthly except in
January and July.

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Norway
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Ord fra presidenten

At our recent Ladies of Valhall breakfast the conversation turned to movies that are currently showing in theaters. The movie industry has often used classic books and plays as inspiration for new versions that appeal to a new, younger audience. Wuthering Heights, the classic novel by Emily Bronte, has been adapted multiple times with the latest offering currently in theaters. Ellen said she saw it and doesn't recommend it. I checked the preview video; Cathy's shiny red patent leather ballgown was my cue that I'm not the target audience. I don't mind modernization of classic tales for a new audience. My favorite musical is West Side Story, based on themes from Shakespeare's Romeo and Juliet.

Please turn to Page 2



Ord fra presidenten (continued from Page 1)

Speaking of updated versions, my daughter and I enjoyed the recent Old Globe production of Hedda Gabler with famous person Katie Holmes in the starring role. The minimal furniture on a rotating platform gave the large, mostly empty stage an effect of scenes in a movie. A pianist sat at a grand piano at the back of the stage, playing appropriate music like a movie soundtrack, and Katie as Hedda joined her briefly at the end of the play to emphasize her anguished outburst with banging chords. We were thoroughly engrossed and entertained.

At our March social, we celebrated 114 years of Valhall Lodge with vanilla cake and fine camaraderie. Millie and I assisted Judy in preparing and serving the salmon and meatball dinner for about 30 members and guests. Elke prepared the thick creamy fish soup and brought two helpers: Karen and Gail. Gail. Thanks all, for the energy and teamwork to feed our folks!

We have a new member, Regan, who transferred from his family's lodge in Washington. His dad Darrin Lee is a Sons of Norway District 2 officer and likes to have affiliate memberships with various lodges as he travels often for his work.

It was great to welcome some members who haven't attended in a while: Amelia with her friend Susan and the Fouquettes who brought fragrant bouquets from their garden.

Jon Holmerud with Den Norske Fiskeklubben has offered to make name tags for our members at no cost because we are special in his heart, not like those rascally Danes and Swedes. Thanks, Jon.

Let me know if you need a new name tag, especially if you are new to our lodge.

Thanks to our officers who helped us with financial and reporting requirements to be in good standing. We look forward to the District Convention in June and receiving recognition for our efforts. Check out the links elsewhere in the newsletter for more information about happenings at the Convention. Interested members are welcome to attend as observers.

Happy Spring!

MVH,

Myla Coleman

President, Valhall Lodge #6-25

Spring Dinner

**Catered Dinner and Social
Valhall Lodge, Sons of Norway
Meeting at Masonic Lodge of La Mesa
4731 Date Ave.
La Mesa, CA 91942**

Saturday, April 11, 2026

**Check-In at 1:30
Dinner served at 2:00
Meeting to follow**

MENU

**Ham, Scalloped Potatoes,
Cupid's Signature Salad,
Ambrosia Salad,
Rolls, Butter, Coffee
Dessert following the meeting
Soda and Water available with donation
Please feel free to bring your own wine or beer**

Cost \$20, Children under 10: \$15

***** PLEASE pre-register by March 30, 2026 *****

**When making a Reservation, please include
number of adults and number of children**

**Call or send reservations to Millie Wright
(619) 760-7446
grandmom2dach@gmail.com**

Valhall Lodge, Sons of Norway 2026 Social Calendar

JANUARY	10	LAPSKAUS DINNER
FEBRUARY	14	DINNER
MARCH	14	SALMON & MEATBALLS DINNER
APRIL	11	CATERED SPRING DINNER
MAY	9	SYTTENDE MAI DINNER Open-faced sandwiches
JUNE	20*	ICE CREAM SOCIAL Hot dogs & Bingo
JULY/ AUGUST		(NO MEETINGS)
SEPTEMBER	12	CATERED HERITAGE
OCTOBER		(KRETSSTEVNE MONTH)
NOVEMBER	14	LUTEFISK & MEATBALLS LILLE BUTIKKEN
DECEMBER	12	JULETREFEST — POT LUCK

* Date for June Social is 3rd Saturday instead of 2nd Saturday. Our delegates will be at the District Six Convention on June 13.

Lodge Officers - 2025-2026

Lodge Officers	
President	Myla Coleman
Vice President	VACANT
Counselor	Maury Lee
Secretary	VACANT
Assistant Secretary	Bree Klusmeyer
Financial Secretary	Aprell Bigler
Treasurer	Millie Wright
Assistant Treasurer	Steve Rawlinson
Social Director	Judy Sawyer
Asst Social Director	VACANT
Cultural Director	VACANT
Marshall	Andy Ueland
Assistant Marshall	VACANT
Historian	Sandra Yeaman
Musician	Susan Cody
Editor	Steve Rawlinson
Assistant Editor	VACANT
Foundation Director	Jim Adams
Publicity Director	Jim Adams
Youth Director	Myla Coleman
Sports Director	Ellen Spitzer
Webmaster	Steve Rawlinson
Trustee	Susan Cody
Trustee	Millie Wright
Trustee	Judy Sawyer

Auditors
Jon Simonsen
Susan Hawkinson
VACANT

Corporation Officers	
President	James Adams
Vice President	Andreas Ueland
Secretary	Steve Rawlinson
Treasurer	Steve Rawlinson
Director	Millie Wright
Director	Judy Sawyer
Director	Myla Coleman

LOV Officers	
President	Susan Cody
Vice President	Judy Sawyer
Secretary	VACANT
Treasurer	Barbie Lorentz



SONS of NORWAY

JAMES DONOVAN

Your Financial Benefits Counselor

760-440-9905

idonovaninsure@gmail.com

Hei Valhall Members:

We need a new lodge secretary for 2026.

We encourage old and new members to become lodge officers. It is very rewarding and a great way to meet many of the members.

Please consider becoming Valhall's lodge Secretary.

If you are interested, please contact, Myla Coleman, President of Valhall Lodge.
You can email Myla at mycokapi@yahoo.com

Secretary:

As secretary, you are in charge of keeping the important day to day operations of your lodge running smoothly: from the organization of lodge meetings to the ordering of supplies. You are also charged with keeping the records for your lodge accurate, organized and accessible to yourself, members, officers and Sons of Norway Headquarters staff. As secretary, you serve as the primary communicator between your lodge, its officers and members, Sons of Norway Headquarters and outside organizations.

As lodge secretary you have been entrusted with a variety of duties:

- A. Helping to organize and conduct meetings
- B. Recording, reading and distributing minutes
- C. Conducting lodge correspondence
- D. Ordering supplies
- E. Reporting lodge elections results (D63)
- F. Tracking fraternal and community events for the NFCA
- G. Completing Lodge of the Year form (including the NFCA section)
- H. Completing the Family Lodge of the Year form I.

Keeping and preserving secretarial records

Additional duties may be assigned which would be outlined in your local lodge's bylaws.



Happy Birthday
Gratulerer Med Dagen!



April Birthdays

3 Pat Becker

5 Kevin DeNino

6 Ari Klusmeyer

9 Andy Ueland

18 Lillian Jansen

20 Kenneth Lindebrekke

20 Regan Lee

22 Doris Anderson

22 Charles Sundry

24 Jerry Wergedal

2026 Valhall Directories

The directories for 2026 have been printed and we have them on hand. The directories were sent to the Editor in bulk; they were not mailed to individuals.

Only a few people showed up at the March social to collect their copies. **If you have not received yours, you will need to come to the April social to get one.**

We have a limit of one directory per household.

Two Spring Work Parties at Camp Norge

In preparation for a busy 2026 season and the District Six Convention field trip to Camp Norge, the Recreation Center Board has scheduled **two spring work party weekends** this year—an unusual but important step. Volunteers are invited to help on **Saturday, April 18** and **Saturday, May 30**, as we get the camp ready to welcome members from across District Six.

- Come for one day or both
- No special skills required
- Many hands make light work (and good fellowship!)

Valhall Lodge Meeting Minutes

March 14, 2026

President Myla Coleman called the meeting to order at 3:49 PM. 16 members and 3 guests were present.

Maury Lee received the Golden Membership award and pin. Graciela and Erica Lee received 20-year awards and pins. Sue Fouquette received 25-year award and pin.

Halver Nilsen Hafner and his friend Megan were guests who were visiting from Norway. Darrin Lee was also a guest. Darrin is a member of a different SON lodge and is considering becoming an affiliate member.

Aprill Bigler moved to accept the January 10, 2026, meeting minutes. Jim Adams seconded. Motion passed.

Treasurer Millie Wright reported that the lodge had been audited by Jon Simonsen and Susan Hawkinson with no exceptions found.

Corporation Treasurer Steve Rawlinson reported that the Corporation had been audited by Jon Simonsen with no exceptions found.

Jon Simonsen audited LOV and found no concerning exceptions.

Judy expressed thanks to Elka Adams for making the soup. She also thanked Millie and Myla for helping. The April Social will have a catered spring dinner that includes scalloped potatoes. The May Social will celebrate Syttende Mai and have open face sandwiches.

Aprill Bigler moved to accept Myla Coleman, Judy Sawyer, Jim Adams, and Graciela Lee as delegates to the District Six convention in Sacramento in June. Steve Rawlinson seconded. Motion passed. Millie explained that the lodge would pay for registration, and the lodge would reimburse for half of a hotel room and for transportation. Meals not included in the registration would not be covered. Myla said that the Sunday dinner will be included in the registration.

Zone Director and Counselor Maury Lee announced that 3 District Six seminars will be held on Zoom. The seminar intended for Zone 6 will be on Thursday, March 23, at 6:00 PM. Members may attend any of the 3 seminars.

Sunshine Director Millie Wright had planned to send a card to Eldbjørg Backous, but Eldbjørg is feeling better and was able to attend this social. She plans to send a card to Graciela Lee, who had surgery but is recovering and has gone back to work.

Anne Høidal asked for a loudspeaker so that people can hear better. People are working on that.

Please turn to next page.

Valhall Lodge Meeting Minutes of February 14, 2026 (continued from Previous Page)

Steve Rawlinson reminded members to pick up their copies of the Lodge Directory.

Jim Adams reported that he and Jackie visited their daughter in Norway and saw northern lights. During part of the visit, they boarded a ship that stopped in 34 towns between Bergen and Kirkenes. They saw a "Stop the War" sign across the street from the Russian Consulate.

Eldbjørg Backous thanked the people on the Social Committee for a wonderful meal.

Lou Coover and Gini Gomez have birthdays in March. Myla Coleman (41st), Aprell Bigler (17th), and Jim Adams (undisclosed) have anniversaries in March. Oddvar and Anne Høidal will celebrate their 60th anniversary this summer.

We sang Nidelven (Song #16 in the songbook).

Meeting adjourned at 4:18 PM.

Respectfully submitted,

Steve Rawlinson, Editor

CAMP
Trollfjell & Folkehøgskule

**NORWEGIAN LANGUAGE
& HERITAGE KIDS CAMPS**

**REGISTRATION
JAN 1 - MAY 31**

EARLY BIRD DISCOUNT
Register by April 1st

Trollfjell Folkehøgskule
• June 28-July 11 (ages 14-17)

Camp Trollfjell
• July 12-25 (ages 8-13)

📍 Camp Norge in Alta, CA 🌐 <https://sofn6.org/arv/camp-trollfjell/> 📘 Trollfjell

Ladies of Valhall Meeting Minutes

March 7, 2026

Susan Cody was ill so Judy Sawyer called the meeting to order at 9:09 am. Minutes were read with one correction from Sandra: the first name of the speaker at the February Lodge meeting is Helen, not Elizabeth Westerland-Davis. And was approved as corrected.

Barbie gave the Treasurer's report. A motion to approve the report was made, seconded and passed.

Sunshine:

Eldbjørg was unable to attend, and Millie will let her know if any cards need to be sent out.

Old Business:

Crafting is continuing at Sandra's house including tapestry, Smoyg, and Hardanger embroidery. It was also suggested that members could bring projects to our LOV meeting to show off their talents. Also we could make crafts for the Lille Butikken.

Cultural:

Linda, and Anna could not attend but will continue the exploring the possible Bunad Project. March 29 is the concert at the Seamen's Church, discussed renting transportation but expensive. Elsa, Myla and Sandra are attending.

We discussed if Bunad Book funds could be used to fund future events for LOV members.

Good of the Order:

Ellen does not recommend the new Wuthering Heights movie..and the Old Globe's play Hedda Gabler w/Katie Holmes will be attended by several members.

Sue had surgery for Basal cell carcinoma on her face. Thelma had fallen and is waiting a 4th MRI, so is not driving to events now. Providing transportation for our members was discussed. There were no Birthdays. Myla and Husband celebrated their their 41st Anniversary.... A drawing was held and 6 members won St Patricks theme travel cups, socks and candy.

The next meeting will be April 4, 2026 at Dennys and Hostesses will be Sandra and Millie.

Meeting was adjourned at 10:15

Respectfully submitted

Sue Hawkinson, Secretary Pro tem

In Recognition
 of
 Fifty Years of Membership,
 Sons of Norway awards a Certificate of Appreciation
 and Pin
 to the following member for her long and faithful
 service:

Fifty Years of Membership

Jean Shogren

Congratulations!
 Valhall Lodge 6-025 ~ Sons of Norway

In Recognition
 of
 Forty Years of Membership,
 Sons of Norway awards a Certificate of Appreciation
 and Pin
 to the following member for his long and faithful
 service:

Forty Years of Membership

Everett A Shogren

Congratulations to you!
 Valhall Lodge 6-025 ~ Sons of Norway

In Recognition
 of
 Twenty-Five Years of Membership,
 Sons of Norway awards a Certificate of Appreciation
 and pin
 to the following member for her long and faithful
 service:

Twenty-Five Years of Membership

Sue Fouquette

Congratulations!
 Valhall Lodge 6-025 ~ Sons of Norway

In Recognition
 of
 Twenty Years of Membership,
 Sons of Norway awards a Twenty year pin
 to the following members for their long and faithful
 service:

Twenty Years of Membership

Graciela Lee
 Erica Lee

Congratulations!
 Valhall Lodge 6-025 ~ Sons of Norway



Maury Lee receives his Golden Membership award. From left: Myla Coleman, President; Maury Lee; Aprell Bigler, Financial Secretary

In Recognition
of

Golden Membership

Sons of Norway awards a Certificate of Appreciation
and pin to the following member for his long and
faithful service:

Golden Membership

Maury Lee

Congratulations to you!

Valhall Lodge 6-025 ~ Sons of Norway



Valhall Lodge was founded in 1912.



Social Director Judy Sawyer displays the anniversary cake to the lodge members.



Regan Lee, James Adams, Darrin Lee

Sons of Norway District Six Convention June 11 – 14, 2026



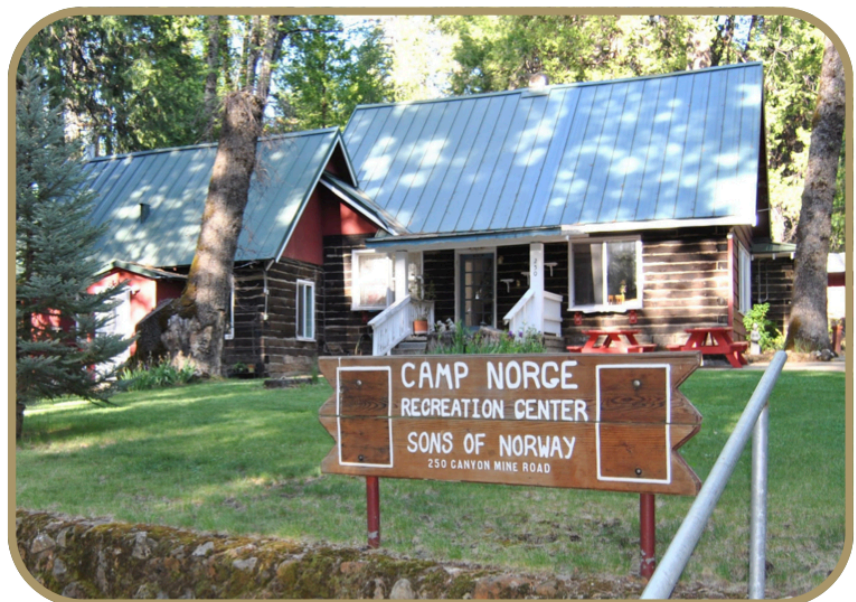
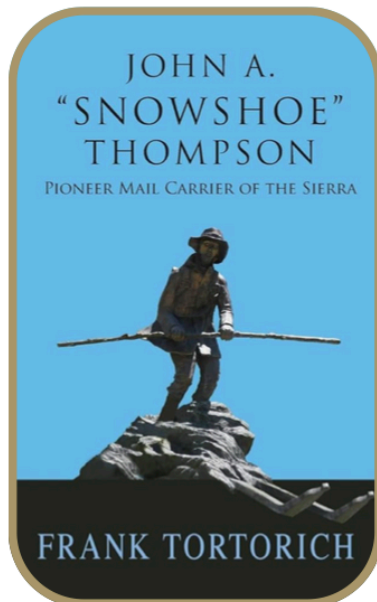
The 2026 Convention kicks off with a
Friday outing to Camp Norge!

🌲 Tour the grounds and reconnect with District Six friends. 🌲

🌲 Enjoy lunch prepared by our very own Kirby Aasen. 🌲

🌲 Author Frank Tortorich presents his program: 🌲

**John A. “Snowshoe” Thompson,
Pioneer Mail Carrier of the Sierra.**



**Camp Norge is conveniently located just one hour by bus from
the DoubleTree by Hilton in Sacramento.**

 [hilton.com](https://www.hilton.com)



[campnorge.org](https://www.campnorge.org)

 2026.sofn6.org



Sons of Norway
District Six Convention 2026
 June 11-14 | DoubleTree in Sacramento, CA

2026 Folk Art Exhibition

We invite our members to showcase what they have created in our expanded Norwegian Folk Art Exhibition. Whether you are an expert or a beginner, we welcome the opportunity to admire your work.

Entries must be made by the entrant and may not have been exhibited at a previous District Six Folk Art Exhibition. More than two items per person may be accepted if space allows.

The following categories have been featured at previous conventions:

- Rosemaling
- Chip carving
- Weaving
- Hardanger
- Knitting
- Norweave
- Diamantsom
- Digital/Virtual Cultural Program (eligible for the OLAF AWARD)
- Figure carving including spoon carving. - Acanthus Carving or Relief Carving
- Bentwood/tine box or other woodworking
- Crocheting
- Tatting
- Other media w/Norwegian theme: Photography, Painting, Felting, Kolrosing
- Other traditional Needlework

The Traditional Norwegian Folk Art Exhibit is a meaningful and cherished part of our conventions. This year, we are proud to also highlight submissions from participants of Camp Oldfjell, our adult folk art program held at Camp Norge. If you have taken a class or refined your craft there, we encourage you to share your work.

Let's not forget our youth. Young people up to age 18 are invited to display their work as well. Many are learning and creating through our Language and Heritage Camps at Camp Norge, as well as through lodge programs. Lodges are encouraged to coordinate with their delegate to arrange transportation of their lodge's entries.

All entrants will receive a "Tusen Takk" certificate. A "People's Choice" ribbon will be awarded in both the Adult and Youth divisions based on convention attendees' votes.

Note: Folk Art entries may be offered for sale during the exhibition. Items for sale must include a listed price on the entry label.

Visit the website for Folk Art Exhibition Guidelines, for entry information, and forms.

We look forward to seeing your creativity on display in Sacramento.





Spring Work Parties

Help us prepare for a busy 2026 season! Along with our wonderful annual events, Camp Norge will host delegates from the District Six Convention. To get the camp ready, the Recreation Center Board is expanding our traditional spring cleanup into two separate work party weekends.

Saturday, April 18th | Saturday, May 30th
9am – 5pm

Come for one day or both - projects for all ages & abilities.

Helpers can stay the night at camp for free! Breakfast, lunch & dinner provided.

Bring gloves, tools, paint supplies, and cleaning supplies.

Please RSVP — Email Fred at fred.hymans@campnorge.org



VELKOMMEN TIL GUDSTJENESTE

Sjømannskirken / The Norwegian Seamen's
Church will lead service on
SATURDAY, FEBRUARY 21, 2026
AT 10:00 AM
HOUSE OF NORWAY, BALBOA PARK

Pastors Margit and Ole Martin
will lead *gudstjeneste* on this
first week of Lent (*fastetiden*).
After service, we invite
everyone to stay for 'kirkekaffe'.



Mark your calendar for upcoming service:
April 18, 2026 – 10 AM



Sjømannskirken / The Norwegian Seamen's Church

Editor's Note: *The service on February 21 has already been held, but note that there will be another service on April 18.*

Penny's Rosemaling Spring Retreat

Save the Date!!!

At Camp Norge April 25-26, 2026

Looking forward to seeing you at camp.

Be the first in the know—Join our email list

Email: PennysRosemalingSeminar@gmail.com



District Six Newsletter

Spring 2026

The Spring 2006 edition of the District Six Newsletter is linked on the sidebar of the Valhall Website. Below is a description of features in it that the District Six Public Relations Officer wants you to know about:

Inside, you'll find highlights and important details about our upcoming 2026 District Six Convention. Registration is now open, and we encourage you to make plans to join us! New this year, we are pleased to offer online entry forms for the Folk Art Exhibit, Olaf Awards, and Communications Awards.

This issue also includes:

- A message from the District Six Foundation Director
- A recap of the February 2026 Viking magazine submissions
- Information on camperships and our summer Language and Heritage Camps
- Highlights of annual events held at Camp Norge
- Updated District contact information and websites

In addition, the Cultural Newsletter introduces our new Cultural Director, Craig Dill, and the kids' pages feature a fun focus on the Winter Olympics.

We hope this newsletter inspires you to get involved, stay connected, and take part in all that District Six has to offer—especially our upcoming convention. We look forward to seeing you there!

Med Vennlig Hilsen:

Teri Morken
District Six Public Relations Officer

Ed Note: On the next page is the sizing correction to Page 16 of the District Six Newsletter. The original version of the newsletter lost a portion of that page.

NORWAY in the OLYMPICS

G D A E H N K Z X Y Q B E Y N U D D G S U E	
F H U I S A L O U N E R I W D V W N L N P I	Gold
L I D U P B I J K O W E N M I L I R Q O L L	Silver
D F G B R N F I G X J V E G Q P S E S W G H	Skiing
Z R A U R R B D P F Q L H U M O P I L B F E	Alpine
Y F J T R O E S D L D I A U W E E Q B O S A	Bronze
Z R H P N E N G V F V S J N Z P E Q S A J D	Biathlon
B L I E L J S Z R Y I I N F B M D V Q R G N	Freestyle
U A H W D J W K E I K G O E Y L S R G D M R	Olympics
M R C R T Z F S A S B C S X M G K V C I S O	BirgerRuud
A L P I N E L F J T Q F Q B N R A G X N J J	SonjaHenie
Q N S T E M Z O F Z I B R I W K T E M G F B	Skijumping
P D R O T H C R T Y O N I A S C I P M Y L O	Crosscountry
D U R A K I E Z L Y V K G T X U N B M B Q Q	Figureskating
X B K C H E W P E A S Z T H T C G T A A P C	Speedskating
C R O S S C O U N T R Y D L V P J I S D Q F	ThorleifHaug
E X N T G U A H F I E L R O H T B Z A Q G U	BjornDaehlie
D C Y H A Y C X G U Y U S N T M R S K C A H	MaritBjorgen
R L H K D I E M A R I T B J O R G E N X T R	Snowboarding
E N E L A D N R O J B R A N I E E L O O E H	OleEinarBjorndalen
J O H A N N E S H O S F L O T K L A E B O V	JohannesHosflotKlaebo
Q E E W Z I K B D P I E D B Y L Y U T U I B	



District Six

California, Utah, Nevada, Arizona, Colorado, New Mexico, and Hawaii



The District provides 1/2 camperships to youth in our district for Camp Trollfjell, ages 8 - 13 and Trollfjell Folkehøgskule, ages 14 - 17. Camp is held at the Recreation Center Camp Norge in Alta, CA. The amount of the half campership is half of the registration cost.

There are a limited amount of camperships. Do not assume that your child will automatically receive one. The child **must** be a heritage or family member of Sons of Norway.

The application form is available on the District Six website:

<https://sofn6.org/scholarships/>

All applications must be received by May 1, 2026. Please send the applications to: District Six Campership Committee c/o Lis Barca, 403 Decanter Circle, Windsor, CA 95492-6664 or email, president@sofn6.org.

It is time to sign up for 2026 camp!!!



Free to Ski

Learning to ski at a young age has its benefits. While many Norwegians are “born with skis on their feet,” many others might come to learn the sport a little later in life. No matter when you’ve learned to ski, it can be a lifelong sport and hobby.

Many ski resorts in the US recognize this too and are offering free daily lift passes for skiers of a certain age. The savings add up quickly, being that a daily pass can be anywhere from \$100-\$200+ dollars a day.



The tradition is said to have started when Norwegian American ski champion Alf Engen founded Alf Engen Ski School at a resort in Utah. He believed that skiers of all ages should be welcomed on the slopes.

While age requirements for a free pass vary, it is clear that these incentives are widely used by older skiers. When one writer hit the slopes to see how many seniors are out there, he was pleasantly surprised to find a thriving group of senior skiers ranging anywhere from 55 to 100 years old. Junior Bounous, at over 100 years old, is still on the slopes and teaching others his passion, proving you’re never too old to ski (for free).

Sources:

[80 Year-Old Retirees Ski For Free At These Resorts](#)

[No Age Limit: Skiing at 60 and Beyond](#)

[SSFREESKI-fin-112016.pdf](#)

Norwegian Orange Cake

This moist and sweet orange cake is a simple bundt cake with chunks of bittersweet chocolate topped with a light citrus-y icing and preserved orange zest, making it a perfect Easter dessert, and a great kickstart to spring!

Ingredients:

3/4 cup (1 1/2 sticks) butter, softened
1 cup sugar
3 eggs
Grated zest of 1 orange
1/3 cup plus 2 tablespoons orange juice, divided
1 1/3 cups (5.7 ounces) flour
1 1/2 teaspoons baking powder
3 ounces dark chocolate (preferably 70%), finely chopped
3/4 cup powdered sugar
Candied orange peel for garnish



Instructions:

Heat the oven to 350 degrees. In the bowl of a stand mixer using the beater attachment, or in a large bowl using a hand mixer, beat the butter and 1 cup sugar until light and fluffy, 3 to 5 minutes. Add the eggs, one at a time, until thoroughly incorporated. Beat in the orange zest and one-third cup juice.

In a medium bowl, sift together the flour and baking powder. With the mixer running, slowly add the flour mixture until combined to form the cake batter. Fold in the chopped chocolate.

Place the batter into a greased and floured 9-inch Bundt pan, smoothing the top of the batter. (The batter will come slightly less than halfway up the sides of the pan.)

Bake the cake until puffed and lightly browned on top and a toothpick or cake tester inserted comes out clean, 45 to 55 minutes. Remove from the oven and cool in the pan on a cooling rack, then remove from the pan. The finished cake will be about 3 inches tall in the center.

While the cake is cooling, make the icing: In a medium bowl, sift the powdered sugar. Add the remaining 2 tablespoons orange juice and whisk to form the icing.

Drizzle the icing over the cooled cake, then garnish with the candied orange.

Candied orange peel is generally available at gourmet and cooking supply stores, as well as at select well-stocked markets.

Photo Source:

<https://www.pexels.com/photo/iced-bundt-cake-on-elegant-dining-table-31779878/>

Niels, Margit and their 5 children lived under a rock for two years

At first, Norwegian immigrants often had a tough time in the United States.

A family of seven emigrated from Norway in 1853.

They left Rollag in Numedal in Buskerud. Margit was 48 years old, Niels was 40, and the children were between 3 and 17 years old.

It was already autumn when they arrived in the small valley south of Spring Grove, Minnesota.

On the Kjome family's new property there was a small rock with a ledge that provided shelter. **The family lived under this rock for the first two winters.**

A stream was the only source of water. The forest provided timber, and the soil was fertile. The foundation of the first house is still standing.

900,000 Norwegians emigrated to the United States between 1825 and 1930.

Most of them just showed up. Today they would be considered undocumented immigrants. The vast majority were farmers who

settled in the Midwest, in states such as Wisconsin, Minnesota, Iowa, North and South Dakota.

“Many Norwegian immigrants had little money when they arrived. They were tenant farmers and could barely afford the trip across,” says Caitlin Sackrison, a historian at St. Olaf College in Minnesota.

The Norwegians traveled from one Norwegian agricultural community to another. And they settled very closely together.

The Kjome family did well. They built a larger house. Margit became a midwife. Niels became known for having a good team of animals and worked as a veterinarian in the area.

Margit and Niels' children and grandchildren settled in the area. They married other Norwegian descendants. Some of them bought their own farms.

Today, a descendant of Niels and Margit, Nels Solum, runs the farm, which has been in the family's ownership since the years under the rock.

It's not easy, but Solum wants to continue running the farm.

“I feel like I've taken over from the old immigrants who lived under the rock. It's in the soul,” says Solum.

Photo credit: Birgitta Meade, via forskning.no



Valhall Viking

APRIL 2026

CALENDAR

- April 4: 9:00 AM LOV Breakfast Meeting**
- April 11: 2:00 PM Meeting & Social**
- April 23: April Newsletter Deadline**

Links

Our lodge: <https://lodgeofvalhall.com>
 Facebook: <https://www.facebook.com/valhallsonsofnorway/>
 Instagram: <https://www.instagram.com/valhalllodge/>
 District Six Newsletters and Cultural Newsletters: <https://sofn6.org/newsletters/>
 Camp Norge: <https://www.campnorge.org/site/>
 District Six: <https://sofn6.org>
 House of Norway: <https://www.houseofnorway.org>
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Next newsletter is the May issue

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